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**METHOD AND COMPOSITION FOR
MAINTAINING URINARY TRACT HEALTH
IN THE FACE OF INFECTIONS**

ABSTRACT OF THE DISCLOSURE

5 The sugar mannose has been used to maintain urinary tract health in the face of E.
coli infections. An optimal dose is disclosed to be of one teaspoon (two grams) three
times a day for one to two weeks or until symptoms subside. The maintenance dosage for
prophalaxis is one-half teaspoon (1 gram) 1 to two times per day. Children's dosages are
cut in half. For women who experience UTIs after sexual relations, one teaspoon is taken
an hour prior to intimate relations and an additional one teaspoon immediately
10 afterwards. It is further disclosed to use any of an extract of Crataeva nurvala, white
willow bark, and pollen extract in conjunction with the mannose to provide further effect.